

APPENDIX B
CACFP MEAL PATTERN REQUIREMENTS — AGES 3 TO 12

The meal pattern shall contain, a minimum, each of the following components in the amounts indicated for the specific age group.

BREAKFAST	Age 3, 4, & 5	Age 6 up to 12
1. Milk, fluid	$\frac{3}{4}$ cup	1 cup
2. Juice, ^a fruit or vegetable or Fruit(s) or vegetable(s)	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
3. Grains/Breads: ^b	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Bread	$\frac{1}{2}$ slice	1 slice
Cornbread, biscuits, rolls, muffins, etc ^b	$\frac{1}{2}$ serving	1 serving
Cereal:		
Cold dry	$\frac{1}{3}$ cup or $\frac{1}{2}$ oz ^c	$\frac{3}{4}$ cup or 1 oz ^c
Hot cooked	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Cooked pasta or noodle products	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
LUNCH OR SUPPER	Age 3, 4, & 5	Age 6 up to 12
1. Milk	$\frac{3}{4}$ cup	1 cup
2. Meat or meat alternate:		
Meat, poultry, fish, cheese	1 + $\frac{1}{2}$ oz	2 oz
Alternate protein products ^g	1 + $\frac{1}{2}$ oz	2 oz
Yogurt, plain or flavored, unsweetened or sweetened	6 oz or $\frac{3}{4}$ cup	8 oz or 1 cup
Egg	$\frac{3}{4}$ egg	1 egg
Cooked dry beans or peas	$\frac{3}{8}$ cup	$\frac{1}{2}$ cup
Peanut butter or other nut or seed butter	3 Tbsp.	4 Tbsp.
Peanuts or soynuts or tree nuts or seeds	$\frac{3}{4}$ oz = 50% ^d	1 oz = 50% ^d
3. Vegetable and/or fruit ^e (at least two)	$\frac{1}{2}$ cup total	$\frac{3}{4}$ cup total
4. Grains/Breads: ^b		
Bread	$\frac{1}{2}$ slice	1 slice
Cornbread, biscuits, rolls, muffins, etc ^b	$\frac{1}{2}$ serving	1 serving
Cereal, hot cooked	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Cereal, cold, dry	$\frac{1}{3}$ cup or $\frac{1}{2}$ oz ^c	$\frac{3}{4}$ cup or 1 oz ^c
Cooked pasta or noodle products	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
SUPPLEMENT	Age 3, 4, & 5	Age 6 up to 12
Select two of the following four components:		
1. Milk	$\frac{1}{2}$ cup	1 cup
2. Juice, ^{a,f} fruit or vegetable or Fruit(s) or vegetable(s)	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
3. Grains/Breads: ^b	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Bread	$\frac{1}{2}$ slice	1 slice
Cornbread, biscuits, rolls, muffins, etc ^b	$\frac{1}{2}$ serving	1 serving
Cereal:		
Cold dry	$\frac{1}{3}$ cup or $\frac{1}{2}$ oz ^c	$\frac{3}{4}$ cup or 1 oz ^c
Hot cooked	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
4. Meat or meat alternate		
Meat, poultry, fish, cheese	$\frac{1}{2}$ oz	1 oz
Alternate protein products ^g	$\frac{1}{2}$ oz	1 oz
Egg, Large ^h	$\frac{1}{2}$ egg	$\frac{1}{2}$ egg
Cooked dry beans or peas	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup
Peanut butter or other nut or seed butter	1 Tbsp.	2 Tbsp.
Peanuts or soynuts or tree nuts or seeds	$\frac{1}{2}$ oz	1 oz
Yogurt, plain or flavored, unsweetened or sweetened	2 oz or $\frac{1}{4}$ cup	4 oz or $\frac{1}{2}$ cup

^a Must be full strength fruit or vegetable juice.

^b Bread, pasta or noodle products, and cereal grains shall be whole grain or enriched, cornbread, biscuits, rolls, muffins, etc., shall be made with whole grain or enriched meal or flour.

^c Either volume (cup) or weight (oz), whichever is less.

^d No more than 50% of the requirement shall be met with tree nuts or seeds. Tree nuts and seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purpose of determining combinations, 1 oz. of nuts or seeds is equal to 1 oz. of cooked lean meat, poultry or fish.

^e Serve 2 or more kinds of vegetable(s) and/or fruit(s). Full strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

^f Juice may not be served when milk is the only other component.

^g Alternate protein products may be used as acceptable meat alternates. These products must meet the requirements of Attachment E of PI-1486.

^h One-half egg meets the required minimum amount (one-ounce or less) of meat alternate.